



for Adult Drivers with Diabetes

in partnership with East Tennessee JDRF and

projectbluenovember™

1. I promise to consult my doctor to help me determine a safe range for driving and appropriate actions for dealing with both high and low blood sugar while driving.
2. I promise to check my blood sugar prior to getting into the car. If my blood sugar is below ____, I will have a carbohydrate snack and re-check my blood sugar prior to operating the car. A CGM reading does not ever replace a blood-glucose check before driving. Ever.
3. I promise to keep a source of glucose in my vehicle at all times in case my blood sugar is getting too low.
4. If I experience any symptoms of low blood sugar while driving, I promise to pull over at the first safe opportunity, eat a fast-acting sugar and a carbohydrate snack.
5. If my blood sugar is high, I promise to follow the protocol set by my endocrinologist for dealing with high blood sugar and driving.
6. I promise that my cell phone will always be charged to 100% before I leave the house. I will also keep a cell phone charger in my car at all times.
7. I promise I will not talk on the phone or text unless the car is pulled to the side of the road and in Park. This includes looking at the screen to see who is calling/texting
8. I promise to always wear my seatbelt, and I will make sure that any passengers also always wear their seatbelt.
9. I promise to wear medical alert ID and to have additional medical ID information in my wallet and in/on my car.
10. I promise to have emergency contact information in my wallet attached to my medical ID and listed in my cell phone under ICE (In Case of Emergency)
11. I promise never to drive under the influence of alcohol or drugs.

I, _____, on this day, _____, make these promises to my friends and family.

Signed,

Driver

date



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